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Institutional Publications

Peacock Pride (Ombudsman Publication)

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# Peacock Pride, Ombudsman Publication / January 2013

Brandt, Kate

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# PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman  
January 2013

Interim President  
RADM Jan Tighe

Acting Provost  
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Chief of Staff  
Colonel Zoe M. Hale, USAF

Dean of Students  
CAPT Matt "Dutch"  
Vandersluis

**Command Ombudsman**

**Kate Brandt**

**Cell: 831-238-4394**

**[npsombudsman@gmail.com](mailto:npsombudsman@gmail.com)**

*The command wants family  
Members, active duty, and  
staff to have a contact person  
for just about any questions  
you may have.*

*I am available for  
Emergencies  
24 Hours and Non-  
Emergencies  
8 am-9 pm.*

*"The future belongs to those  
who believe in the beauty of  
their dreams."*

*—Eleanor Roosevelt*

# Happy New Year !!



## ***In this Issue:***

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- ♦ Money & Budgets: Getting into Financial Fitness
- ♦ Highlighting New Year's Resolutions
- ♦ January Calendar of Events
- ♦ Fleet and Family Support January Classes
- ♦ Monterey Volunteer and Job Opportunities



## WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.



Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

## FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394 or [npsombudsman@gmail.com](mailto:npsombudsman@gmail.com)**. Contact me and I will help you find the answers to your questions or concerns.

*If it is important to you, it is important to me.*

**Kate Brandt**  
NPS Command Ombudsman



### Emergency Numbers

**NPS Police 831- 656-2555**

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

### Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

### Military One Source

Available 24/7

1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

### DEERS

1-800-538-9552

### Fleet Family Support Center

831-656-3060

### TRICARE DENTAL PROGRAM

[www.tricare dental program.com](http://www.tricare dental program.com)

### TRICARE

<https://www.tricare.mil>

### Navy SAFE HARBOR:

1-877-746-8563

[safeharbor@navy.mil](mailto:safeharbor@navy.mil)

[www.safeharbor.navy.mil](http://www.safeharbor.navy.mil)

### Chaplain Office

831-656-2241

[tpHall@nps.edu](mailto:tpHall@nps.edu)

### NPS Homepage

[www.nps.edu](http://www.nps.edu)

### ID Card Office

(831) 656-3477 or

(831) 656-1174

### PSD Office

(831) 656-1847/ 48

# Getting into Financial Fitness

Knowing all the ins and outs of today's complex financial environment is no easy task. For service members, the military lifestyle can make that job even tougher. To help service members and their families to plan and control their financial future, the DoD provides financial information, training, and counseling through the Personal Financial Management (PFM) program and other programs and services. Working with partners throughout the government and private sector, the DoD's **Financial Readiness Campaign** is designed to improve personal readiness by reducing stress related to financial problems. The program promotes awareness of personal finances, helps service members and their families increase their savings and reduce debt, and educates them about predatory lending practices. Financial Readiness Campaign is [Military Saves](#). A network of federal agencies and nonprofit organizations encourages service members and their families to build savings and provide for their financial needs. This free program can:

- **help service members reach their financial goals.** Written goals shared with others are more likely to be achieved.
- **help service members get out of debt faster or save more money.** People with written plans save twice as much money as people who don't have written plans.
- **help service members get informed.** [Military Saves](#) benefits include a free quarterly electronic newsletter, access to other wealth-building information, and savings and debt reduction tips.
- **help service members make a difference.** Establish a financially fit fighting force by building personal wealth through saving.
- **teach youth and teens how to save.** [Military Youth Saves](#) is a social marketing program designed to encourage kids and teens to develop good savings habits at a young age.





## Financial Fitness (cont)

Each branch of Service has an associated private, nonprofit organization that assists service members and their families in need. These relief societies can help with things like emergency transportation, funeral expenses, medical bills, food, rent, utilities, disaster relief, child care expenses, vehicle repair, or other unforeseen family emergencies. For more information, please contact [Army Emergency Relief \(AER\)](#), the [Navy-Marine Corps Relief Society \(NMCRS\)](#), or the [Air Force Aid Society \(AFAS\)](#).

Each Service has a Personal Financial Management (PFM) program to help service members with financial issues by providing classes and seminars, one-on-one counseling, and information on such issues such as consumer rights, credit, and savings. To find a PFM counselor on your installation, visit [MilitaryINSTALLATIONS](#).

Counselors can help with:

- **personal finance basics.** Counselors can suggest ways to pay down debt and teach you about savings programs, investments, and making a family budget.
- **credit issues.** Service members are expected to meet their financial obligations as agreed and on time; failure to do so may result in disciplinary action under the Uniform Code of Military Justice. PFM counselors can help you write letters and contact creditors to help repair your credit and clean up your credit report.
- **military savings programs.** PFM counselors can give you information about the Savings Deposit Program for eligible deployed personnel and investment programs like the Thrift Savings Plan.
- **understanding consumer protection laws.** Counselors can help you understand consumer rights and how to get the best interest rates on loans (although they can't offer legal advice).

# 5 New Year's Resolutions You Won't Keep - And 5 You Will

Here are a few of the most common New Year's resolutions that get made year after year – and how to overcome them:

## 1. Go on a Diet

Some weight loss experts will tell you flat out, diets don't work. For many people, unfortunately this is very true. For other people, particularly those whose eating habits are super unhealthy in the first place or who find it easier to cede control over what they eat, they aren't a bad option. But typically diets only work for awhile – usually for as long as you stick to the carefully regulated plan. And studies show, after awhile, most people get tired of following such a strict regimen and go back to eating pretty much what they ate before. Sadly, diets actually make many people *gain* weight, which a [recent study](#) published in the *New England Journal of Medicine* attributed to the boomerang action of hormones that control appetite and fat metabolism.

**What Does Work:** Making small changes to your eating habits. Here are a few small changes that pack a big calorie punch. Giving up that daily soda habit: 150 calories saved a day. Switching from your daily bakery muffin (400-600 calories) to a bowl of oatmeal at your desk (150 calories): 250 – 450 calories saved a day. Swap your latte (180 calories) for a cup of house java with half and half (80 calories): 100 calories saved. Better yet, switch from half and half (3 tablespoons = 80 calories) to nonfat milk (3 tablespoons = 15 calories and save an extra 65 calories per cup. Total for making all three changes: as many as 765 calories a day. And that's without eating any more veggies!

## 2. Stop Smoking

Well, it's not that you can't stop smoking. You can, and you should. Sooner, rather than later. But if you're waiting for that perfect day when you'll just be able to stop because you promised yourself you would (likely after a few too many New Year's Eve toasts), it's not going to happen.

**What Does Work:** Rather than list the techniques that work best (there are a number of really successful ones), I'm going to defer to Stanford University internist Kelly Traver, MD, author of *The Program: The Brain-Smart Approach to the Healthiest You*. Traver has written an entire book about how to use current neurological understanding to make healthy lifestyle changes and can tell you exactly why you should quit and [how to quit and stay quit](#). (There's even [a website](#) and iPhone app based on The Program to help you get started.) Add these [10 extra tricks](#) and you're even more likely to succeed. And while you're at it, you might want to quit smoking pot, too, since [recent science shows](#) it's not much better for you than tobacco.

## 3. Get More Exercise (Related Resolution: Join a Gym)

The problem with this one is, it's too vague. In other words, it's too easy to make a stab at, and then let yourself slide because it's cold outside, or it's too dark when you get home, or your muscles hurt, or the gym's too crowded and the equipment smells sweaty.

**What Does Work:** To make a significant lifestyle change and make it stick, you need to replace an old habit (being a couch potato or workaholic) with a new one. You also need to make it pleasant, or at least not too unpleasant. A few ways to do this are to start a new sport, one you actually like, or join forces with a workout buddy you actually like and want to spend time with. What's worked best for me, though, is to change my thinking to make exercise a no-matter-what priority, the same way I do any medical need, such as taking my prescription blood pressure medication. For more detail on this approach and others, Traver has lots of ideas about how to turn yourself into someone who exercises without even questioning it.

## 4. Lose 20 Pounds

Like quitting smoking, it's not that you shouldn't lose weight. If your [body-mass index](#) is over 25, you qualify as overweight and you want to tip the scales downwards. But the typical promise, "I'm going to lose 20 pounds by June so I can wear a bathing suit," is not going to be kept. Just ask anyone who made this resolution last year.

**What Does Work:** Not attaching a number to your goal. That's not to say you shouldn't watch the scale. While this used to be controversial (and is an absolute no-no for anyone who's struggled with an eating disorder) recent studies suggest that regular weight checks are important for keeping any weight loss program on track. What really works: calories in < calories out. Despite all our efforts to develop new weight loss pills (two of which, [Qnexa](#) and [lorcaserin](#), came on the market this year) and come up with new diets, it's pretty simple says [Harvard School of Public Health](#), summarizing the last five years of weight loss trials. Cut out 500 calories a day (see above for ideas) and up your exercise to burn an extra 250 calories a day — and keep at it, month in and month out – and you're on track for significant weight loss you can sustain for the rest of your life.

## 5. Stop Biting My Nails, or Twirling My Hair, Or....

It's almost impossible to break a physical habit with willpower alone, experts say. That's because we've been doing it so long (hence the name habit...) that we're no longer aware of it.

**What Does Work:** Becoming aware of the cues that trigger our habits, even when we're not paying attention. According to Psychology Today, ["habit reversal therapy"](#) can target even the toughest habits (procrastination, anyone?). I'm going to leave it up to the experts to explain this concept in detail, but suffice to say it's based on the idea that you have to understand the "cravings underlying behaviors" before you can eliminate them.

# Resolve to be ready

Now that the New Year has arrived, make one of your resolutions to plan for emergencies. Make 2013 the year you “Resolve to be Ready.” It is one resolution that is as easy as 1-2-3.

1. **Be informed.** Learn about the different types of natural disasters/ emergencies that can happen in your area and educate yourself on how to respond.
2. **Make a family emergency plan.** Your family may not be together when an emergency occurs, so it is important to plan in advance. Think about and discuss how you will contact one another, where you will meet and what you will do in different situations. Make contact cards for every family member to keep with them and include information about NFAAS in your plan.
3. **Build an emergency supply kit.** After an event occurs you may not have access to supplies. You and your family may need to survive on your own for a few days. It is important to have food, water and other supplies in sufficient quantity stored ahead of time.

The Navy’s Fleet and Family Support Program and Ready Navy encourage you to Resolve to be Ready in 2013. Go to [www.Ready.Navy.mil](http://www.Ready.Navy.mil) and [www.Ready.gov](http://www.Ready.gov) to learn more about emergency preparedness.

# New Year / Fresh Resume

Now is the perfect time to write or rewrite your resume. And you don’t have to work on it alone because military families have plenty of help. Trained employment counselors at Navy Fleet and Family Support Centers (FFSCs) will work closely with you. They even have sample resumes for you to use. They won’t write your resume, but these counselors will help you assess your skills and experience, choose the right “buzzwords” to target particular jobs and make sure your resume is polished.

Also, have you checked “Military OneSource” lately? Provided by the Department of Defense (DOD) to service members and families, the website looks at many concerns including spouse employment and resume writing. You can get ideas on assessing work skills such as bookkeeping or sales, volunteer work or knowing a foreign language. Consider your intangible skills common to military families such as adapting quickly to new situations and being a well disciplined, fast learner. Military Spouse Education and Career Opportunities (SECO) consultants are also available through Military OneSource (1-800-342-9647). These consultants can help you prepare or revise your resume and connect you with employment resources. It’s a new year and a great time to have a fresh look at that resume!





# Calendar of Events

## January 2013

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

		1	2	3	4	5
6	7	8 ITT Information Fair 11am–1pm McNitt Ballroom	9	10 New Spouse Ori- entation 4-9pm McNitt Ballroom	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Mardi Gras @ Trident Room 5-7 pm	25	26 Infant/Child CPR Class 10am–2pm
27	28 MBOSC New Spouse Welcome Social	29	30 Trivia Slam @ Trident Room 5-6pm	31		

**FFSC Workshops** *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. \*\*Childcare is available but must be arranged no later than 5 days prior to*

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

### **FAMILY & LIFESKILLS**

#### **Couples Communication**

Mon, Jan 7, 3-5 pm  
Mon, Feb 11, 3-5 pm  
Mon, Mar 11, 3-5 pm

#### **Military Basics for New Spouses**

Mon, Jan 14, 12-1:30 pm  
Tue, Feb 19, 10-11:30 am  
Tue, Mar 12, 10-11:30 am

#### **Suicide Prevention Awareness**

Tue, Jan 8, 10-11:30 am  
Tue, Feb 12, 10-11:30 am

#### **Stress/Time Management**

Thu, Jan 24, 3-4:30 pm  
Thu, Feb 14, 3-4:30 pm  
Thu, Mar 7, 10-11:30 am

#### **Anger Management**

Fri, Jan 11, 10-11:30 am  
Thu, Feb 7, 1-2:30 pm  
Thu, Mar 21, 10-11:30 am

### **EMPLOYMENT**

#### **Job Search Strategies**

Tue, Jan 8, 9-11 am

#### **Interviewing Skills**

Thu, Jan 3, 4-6 pm  
Thu, Feb 7, 4-6 pm  
Thu, Mar 7, 4-6 pm

#### **Resume Writing**

Thu, Jan 17, 4-6 pm  
Thu, Feb 21, 4-6 pm  
Thu, Mar 21, 4-6 pm

#### **Federal Employment System**

Tue, Jan 15, 9-11 am

### **FINANCIAL MANAGEMENT**

#### **Million-Dollar Sailor**

Saturdays, 8 am-4 pm

#### **Car Buying Strategies (New/Used)**

Tue, Jan 22, 10 am-Noon  
Sat, Feb 23, 1-3 pm  
Tue, Feb 26, 10 am-Noon  
Tue, Mar 19, 10 am-Noon

#### **Basic Savings and Investment**

Thu, Feb 7, 1-3 pm

#### **Credit Management**

Wed, Mar 6, 1-3 pm

#### **Investment and Saving II**

Wed, Jan 9, 1-3 pm  
Wed, Feb 13, 1-3 pm  
Wed, Mar 13, 1-3 pm

#### **Preparing a Personal/Family Budget**

Fri, Feb 8, 1-3 pm

#### **Home-buying Seminar**

Fri, Jan 18, 1:30-3:30 pm

### **RELOCATION**

#### **Smart Move (Transferring/PCS)**

Mon, Jan 28, 2-3:30 pm  
Mon, Feb 25, 10-11:30 am  
Mon, Mar 18, 10-11:30 am

#### **Pre-Deployment /Mobility Briefing**

Fri, Jan 25, 1-3 pm

#### **Mid-Deployment/Mobility Briefing**

Fri, Feb 22, 1-3 pm

#### **Post-Deployment/Return & Reunion**

Fri, Mar 29, 1-3 pm

#### **IA Spouse Discussion/Support Group Meeting**

Wed, Jan 9, 11 am-Noon  
Wed, Feb 13, 11 am-Noon  
Wed, Mar 13, 11 am-Noon

#### **TAP (Transition Assistance Program) Workshop (Must register to attend)**

Mon-Fri, Jan 28-Feb 1, 9 am-5 pm

#### **SAPR (SAVI) Advocate Refresher Training**

Fri, Jan 18, 8 am-Noon  
Fri, Feb 22, 8 am-Noon  
Fri, Mar 15, 8 am-Noon

#### **SAPR (SAVI) Advocate Initial Training**

Mon-Thu, Mar 25-28, 8 am-4 pm

For Command Appointed Personnel (available upon request)

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor



# Monterey Volunteer Opportunities

## National Steinbeck Center is looking for Volunteers!

### Docent

A museum docent is a creative, imaginative, enthusiastic individual who provides interpretative services to National Steinbeck Center visitors through guided tours and workshops, as well as special events such as family programs, exhibit openings, adult activities and museum outreach programs.

### Administrative Staff Assistant

An administrative staff assistant helps with clerical, mailings, filing, proofing and other office work based on experience and need

### Museum Greeters

A greeter is a friendly person who feels comfortable engaging with people from all over the world to ensure their experience at the National Steinbeck Center is the best by providing a welcoming environment and being able to knowledgeably and accurately answer questions about the exhibits and facility.

### Special Event Host/Hostess

A special event host/hostess is responsible for creating a welcoming environment at various museum membership affairs, exhibition openings and other museum events

## The Boys & Girls Clubs of Monterey County

Become a Book Buddy, and change a life!

You can make the difference in a child's life by giving them the attention they need for homework and reading. At Boys & Girls Clubs of Monterey County, our goal is to empower our youth by giving them the tools necessary to succeed throughout grade school, high school, and into college.

